

## **General resources:**

- **Support with relationships and resolving conflict:**

<https://relationshipmatters.org.uk/>

- **Comprehensive local mental health support and resources for yourself and supporting someone else.**

<https://www.mindwell-leeds.org.uk/>

- **Expert podcasts about how to support young people with a whole range of mental health issues**

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

- **Supporting a young person through grief**

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

## **Coronavirus resources:**

- **Coping during the pandemic**

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents/>

- **Bereavement during lockdown**

<https://www.childbereavementuk.org/pages/category/coronavirus>

- **BOLOH helpline**

<https://www.notredamecoll.ac.uk/storage/app/media/Students/Mental%20Health%20and%20Wellbeing/boloh-leaflet-parents-final.pdf>